

AVESA SPA MENU

“La Hacienda”

at TOSA Blue Mountain



A la Carte Treatments

Hotel Guests Receive a 15% courtesy discount on all services.

Hands and Feet

Luxurious Full-Service Manicures and Pedicures

- Manicure \$25
- Gel Manicure \$35
- Pedicure \$35
- Gel Pedicure \$45
- Manicure and Pedicure Package \$50

Gel Manicure and Pedicure Package \$70

Full Body Detoxification Foot Bath (30 minutes) \$45 3 sessions (One week series for optimum results) \$120

Uplevel your Service and include:

- Hand or Foot Paraffin Treatment \$15
- Hand AND Foot Paraffin Treatment \$25
- Foot Reflexology Treatment - (30 minutes) \$55
- OMEGA Light Facial LED Therapy (20 minutes) \$25



Massage

Ecuadorian Organic CHOCOLATE BODY WRAP (120 minutes) \$150

- Ready for ME Massage (60 minutes) \$80
- Jet Lag Wellness Massage (60 minutes) \$70
- Hot Stone Massage (90 minutes) \$100
- Ayurveda Pizhichil Therapy (90 minutes) \$125

Uplevel your Service and include:

- Foot Reflexology Treatment - (30 minutes) \$55
- OMEGA Light Facial LED Therapy (20 minutes) \$25



Body Experiences

Avesa Balancing (30 minutes)
3 sessions

\$55
\$150

Radio Frequency (RF) Reverse Aging Treatment for Face and Neck (60 mins) \$110

- 3 sessions \$300
- 5 sessions \$495
- 10 sessions \$990

RF Body Sculpting Treatment (60 minutes) \$110

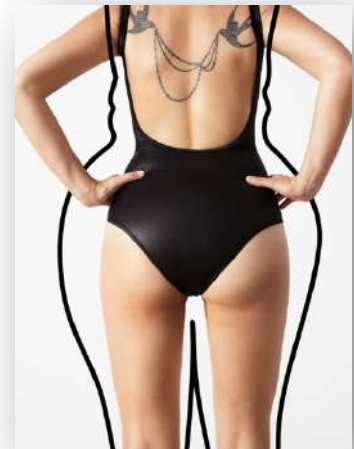
- 3 sessions \$300
- 5 sessions \$495
- 10 sessions \$990

RF Laser Lipolysis (60 minutes) \$110

R.I.F.E. Consultation/Initial Treatment (120 minutes) \$120

R.I.F.E. Treatment sequence (90 minutes/session) \$ 60

- 3 sessions \$160
- 5 sessions \$270
- 10 sessions \$500



Epoch Laser

Epoch Laser Core Light Infusion (45 minutes) \$70

Epoch Laser Pain Therapy (30 minutes per area) \$50
Additional areas of treatment within the session \$20

Laser Light Full Body Restorative Treatment (90 minutes) \$180

Be sure to ask about combining your Spa experience with private time In the Water Therapy Center.

You may also choose to Enjoy your spa treatments in the Pool with your private reservation!



Nourishing Spa Journeys

Hotel Guests Receive a 15% courtesy discount on all services.

Deep Relaxation Journey

\$50 pp, up to five at a time may be

accommodated.

Your basic spa day pass gifts you with a beautifully supportive environment as a private experience in the Water Therapy Center. Feel yourself relaxing into the bliss of Deep Relaxation.

Three hours of nourishment best received in the morning from 9am-Noon

Maximum of 5 people at a time
Jade therapy Chiropractic Bed
Aromatherapy- diffusing
Intentional harmonic Sound bath
Infrared sauna to facilitate release
Chromotherapy in Hot tub & pool
Hot Tea and fresh fruit



Relax & Rebalance Journey

\$90 per person (select from 9am – noon or 1pm

-4pm)

Your Relax & REBALANCE experience begins with an AVESA Balancing. Upon receiving this harmonic state of equilibrium, you will enjoy a guided meditation using the ancient technology of Egyptian Healing Rods. (choose from 4 meditations) This amplifies the AVESA Balancing and supports the integration of Body, Mind and Spirit! The remainder of your time is spent soaking in the many amenities of the Water Therapy Center.

Your journey includes Everything in the Deep Relaxation package above...PLUS.
AVESA Balancing (30 min)

Egyptian Healing Rods lesson and usage

Guided meditation, of your selection of four, with the Egyptian Healing Rods

Water Therapy Center experience to complete your journey (1.5 hours)

Hot tea/spa water

Freshly pressed juice and whole fruit

I AM Recharged Journey
1pm-4pm)

\$130 pp (2 person max, select from 9am-noon or

Your journey begins with a soothing AVESA Balancing in perfect harmony with the ancient technology of Egyptian Healing Rods. This process opens the body for faster and easier energy amplification with applied Foot Reflexology to anchor the flow. After this opening and relaxing of the body, an Epoch Laser Light Core Infusion is provided to stabilize and integrate. Complete your session as you relax into the Water Therapy Center with a freshly pressed juice, fruit, and a new perspective.

Two people max at one time

AVESA Balancing (30 min)

Foot Reflexology

Core Laser treatment with Epoch Laser

Egyptian Healing Rods for amplification & support

Private time in the water therapy center

Freshly pressed juice

Hot Tea, Spa Water

Whole Fruit

AHHH...Ready to Release Journey
maximum.

\$90 pp, Two person

Uplevel and include 30 Mins of Foot Reflexology for only \$30pp

Enjoy a full-body detoxification through a far-infrared foot bath followed by a hydrating paraffin treatment and sealed with a gentle Shiatsu foot massage. Your feet are then anointed with custom selected essential oils. As you sink into the Water Therapy Center with a freshly pressed juice...your heart knows All is well.

Two people maximum

Far infrared foot bath for full body detoxification 30 min

Foot Paraffin

Foot Shiatsu

Foot anointment

Private use of Water Therapy Center

Freshly pressed juice

Ready to Release Package

1 session \$90

3 session \$250

5 session \$420

Couple's session: \$160



Customized Life Revitalization Journey

We honor your unique journey, and this 90-minute session begins with an in-depth consultation/assessment. You are as unique as your reasons to select this journey and our sacred intention is to assure maximum benefits.

This journey invites your body into a deep state of relaxation and receptivity. A unique moment that reveals the greater and often hidden needs, unrecognized pain, struggles, and old traumas. Imagine the clarity of the healing pathway forward with loving messages from the Practitioner.

A unique and custom combination of ALL the Healing modalities is applied to the body. This creates a power-full flow of Healing Energy in conjunction with the application of the Epoch Laser Therapy Treatment.

These transforming modalities are customized with Laser Science Therapy to deeply heal, restore, and visibly renew your physical body at the cellular level. Thus, opening the gifts of reverse aging, body weight normalization, emotional stability, and so much more!

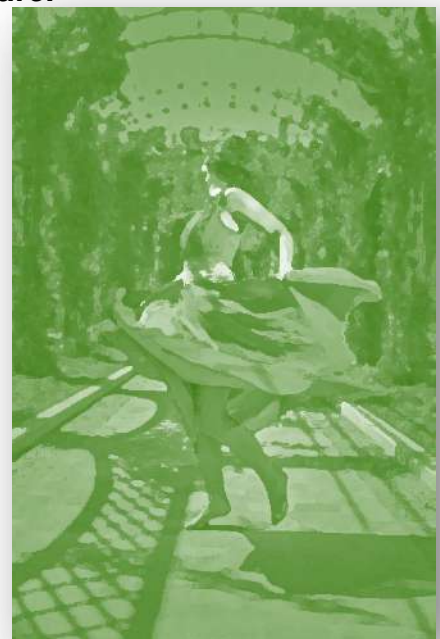
The FDA APPROVED medical grade Laser in combination with YOUR Higher state of Consciousness IS the Medicine of the Future.

*This journey is non-invasive, Holistic & Natural.
An approach that supports rapid healing restoration.
Success has been achieved with new & old injuries,
sports traumas, tissue/muscle pain, inflammation,
post-operative recovery and the promotion of
whole-body support and revitalization.*

90-minute Journey \$180: *For light to moderate muscle pain with 1-2 additional body issues, to restore the body's mobility.*

2-hour Journey \$250: *Beneficial for old/chronic traumas, injuries, multiple zones of pain/discomfort, to restore the body's mobility.*

- Laser Light Therapy consultation & application
- Reflexology
- Massage Therapy
- Aromatherapy
- Energy therapy supporting the channels & meridians of the whole body
- Egyptian Healing Rods for amplification & support
- Intuitive Sharing and application
- Pressure Point activation



Rejuvenate the Face & Neck \$130

Your Rejuvenate the Face & Neck journey begins with an AVESA Balancing Session to release stress and invite the body to revitalize and restore naturally. From this deeply relaxed state, RF* will be applied to your face and neck.



This technology facilitates skin metabolism and collagen regeneration, removes wrinkles, reverses aging, reduces fat and rejuvenates skin.

You will feel radiant, relaxed, and renewed.

**This is a painless, non-invasive, and injury-free treatment.*

Bonus! With 5+ sessions, receive a cryofreeze eye globes treatment to soothe & relieve inflammation, reduce puffiness, lines, and dark circles by stimulating blood circulation while oxygenating and smoothing the skin.

30-minute AVESA Balancing
Egyptian Healing Rods for amplification & support
Radio Frequency (RF) Treatment

Rejuvenate the Body: 1 Area - \$110 2 + Areas, (up to 4 per session), \$80 each

Your REJUVENATE the BODY journey begins with an AVESA Balancing to release stress and invite the body to revitalize and restore naturally. From this deeply relaxed state, a combination of the following may be used based upon your consultation with the therapist. Radio Frequency, * Ultrasonic Cavitation*, and Laser Lipolysis*.

Your optimal treatment combination is applied to the body for skin tightening and sculpting. This treatment can be applied to the arms, waist, abdomen, legs, buttocks, and back. **Painless and non-invasive.*

YOUR JOURNEY INCLUDES:

30-minute AVESA Balancing
Egyptian Healing Rods for amplification & support
Radio Frequency (RF) Treatment
Ultrasonic Cavitation
Laser lipolysis

I AM Renewed Journey

Initial consultation & first 90-minute treatment. \$150 Additional treatments \$75
3 sessions after initial consultation & treatment (must complete in one week)
\$175

5-10 sessions \$55 each ...maximum 5 treatments per week.

RIFE Therapy, Electronic Frequency Therapy Device
Treat ANY condition with ease!

Initial Session - 2 hours...subsequent sessions 1.5 hours

The RIFE machine is a crystal generator designed to regenerate cells in the human body by producing sound waves compatible with the wellness needs of the cells. It works in a similar way to homeopathy, using natural principles to heal the body. This machine will be programmed for your specific needs. RIFE protocols offer specific codes for thousands of conditions including, and far from limited to, Depression, ADD, Cancer, Hypothyroid, Osteoporosis, Chronic Inflammation, Fibromyalgia, Chronic Fatigue, and SO MUCH MORE!

This therapy assists the body's natural healing ability and facilitates bringing the body back into optimal frequency and the return to health and wellness.

**Note: while a single treatment can offer benefits, the true benefits of RIFE Therapy are best realized after at least one week and 3 sessions. The best results are achieved with 5-10 sessions.*

Restoring Joy & Bliss Journey \$125



Your Restoring Joy & Bliss Journey begins with an AVESA Balancing performed in the tallest bamboo golden ratio pyramid in the world! The Pyramid of Peace radiates a 600 frequency on David Hawkins Scale of Consciousness.

The benefits of this frequency on the human body are

countless!

The sacred geometry of the Pyramid strengthens the immune system and elevates the emotional body to a higher vibration of Peace & Love. After your Avesa Balancing you are led on a guided meditation using the ancient technology of Egyptian Healing Rods. This amplifies the AVESA Balancing and supports integration through your body, mind, and spirit!

Your Journey includes:

AVESA Balancing for 30 min in the very high frequency of the Pyramid of Peace
Egyptian Healing Rods for amplification & support
Guided meditation with Egyptian Healing Rods
Sound Therapy & Crystalline water from the Pyramid to fully RESTORE!

30 Day Personalized Life Turn Around Journey

Where do you want to be in 30 days?

What do you want to look like and what are you willing to do?

TIME to Empower YOU! Begin with an in-depth 1-hour consultation to clarify your intentions, challenges and needs.

Let us go to work and offer YOU a full customized personal pathway.

Total cost will be determined during the consultation and is based upon your Unique goals...this will DEFINITELY change your life!

Life TRANSFORMATION Support Journey

Whether you are transiting a change in career, health, partnership, stage of life, or any other transformation, THIS journey is waiting for YOU to Claim!

Empower your Self with an in-depth 1-hour exploration of your intentions, needs and life goals. Together we will customize a journey that supports you to navigate your transformation with greater ease and joy.

Completely customized for you, the cost will be determined during the consultation and support your Transformation to be wondrous!

We are happy to customize a journey for your unique needs...just ask!

We also specialize in spa journeys in conjunction with La Hacienda for:

Engagements

Wedding parties

Baby moons

Retreats and all of your special events

